

mindful  
pause.

1889  
FOUNDATION



OUTDOOR ODYSSEY  
"Growth Through Adventure"

# Permission to Tune Out

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**What do you need to accomplish today or this week? What's generally occupying your mind?**

Create a bulleted list, write stream of consciousness, draw, represent it however you like...just ground those concerns.

It is unlikely that you can complete or resolve any of the things you wrote down right now. Invite yourself to leave them for the time being. Turn the page and don't look back until you're ready again. Allow the page to hold the weight of your worries.

**Stop, Breathe, Wait, Think, Choose**

# Defining Intentions

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## What do you hope to gain from this time?

- “Practice in being mindful and still.”
- “A more defined connection to nature.”
- “Clarity or acceptance surrounding something I’m struggling with.”

## How will you foster that potential?

Examples:

- “For the next 20 minutes, I’ll keep my phone on silent.”
- “I’m going to write without pause and see what I discover.”
- “I’m going to sit and doodle.”
- “I am going to focus on and closely notice what I feel right now.”

# Body Scan

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**How does your body feel as you step into this space?**

- Start at your head and work your way slowly, all the way to your toes
- Where are you holding tension? Your shoulders? Temple? Jaw?
- Are you able to release some of it?
- A few deep breaths may be of help. Imagine your breath moving from your lungs out to your every cell, gently melting that tension and carrying it out of your body with your exhale.

# Relaxation/Regulation Techniques

## How to do a Body Scan Meditation





**How do you feel?**  
**What do you notice?**

**How do you feel?  
What do you notice?**

# Relaxation/Regulation Techniques

## 5-4-3-2-1 Grounding Technique



Acknowledge  
**5** things you  
see around  
you



Acknowledge  
**4** things you  
can touch  
around you



Acknowledge  
**3** things you  
hear



Acknowledge  
**2** things you  
can smell



Acknowledge  
**1** thing you  
can taste  
around you





**How do you feel?**  
**What do you notice?**

# Relaxation/Regulation Techniques

## 3 Breathing Exercises for Stress Management

Deep breathing is beneficial to stay calm during a stressful situation

### Pursed Lips Breathing

- Relax your neck and shoulder muscles
- Inhale through your nose for 2 seconds with your mouth closed
- Pucker your lips and exhale for four or more seconds



### Box Breathing

- Breathe out slowly, releasing all the air from your lungs
- Breathe through your nose for 4 seconds, hold your breath and count to 4
- Exhale for 4 seconds, hold your breath for 4 seconds
- Repeat 3 to 4 times

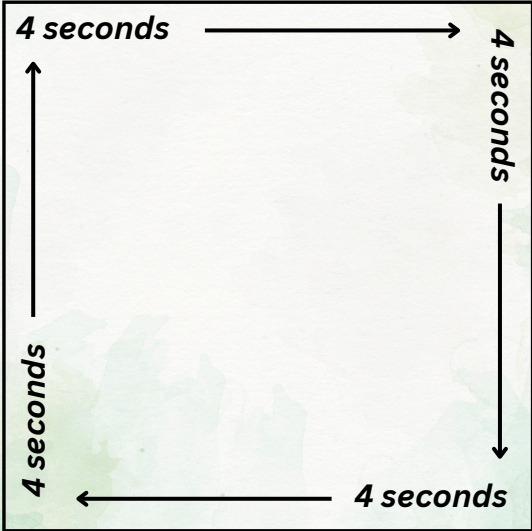


### 4-7-8 Breathing

- Put your tongue on the roof of your mouth near your front teeth
- Breathe out deeply, then inhale through your nose and count to 4
- Hold your breath for 7 seconds
- Exhale and count to 8
- Repeat



**BREATHE IN**



**BREATHE OUT**

**HOLD**



# Local Resources

## Mental Health/Substance Use

Mental Health Crisis Hotline .....	Dial 9-8-8
Cambria County Mental Health .....	(814) 535-8531
Cambria Co. Drug & Alcohol Program .....	(814) 243-9718
Somerset DBHS (Mental Health) .....	(877) 814-4891
Somerset SCA (Drug & Alcohol) .....	(814) 445-1530
Twin Lakes (Drug & Alcohol) .....	(814) 443-3639

## Healthcare

Conemaugh Health System .....	(814) 534-9000
CSS Medical Center at Windber .....	(814) 467-3000
UPMC Somerset .....	(814) 443-5000

## Housing

Cambria Co. Housing Liaison .....	(814) 535-8531
Community Help Center .....	(814) 536-5361
Somerset Next Step Center .....	(814) 444-8588
Victim Services .....	(814) 288-4961
Women's Help Center .....	(814) 536-5361

## Additional Community Services

Alleghenies Unlimited Care Providers .....	(814) 619-3398
Beginnings, Inc. ....	(814) 539-1919
Cambria Area Agency on Aging .....	(814) 539-5595
Cambria County Library .....	(814) 536-5131
Cambria County Assistance Office .....	(814) 533-2491
CamTran Transportation .....	(800) 252-3889
Center for Independent Living .....	(814) 949-1905
Center for Population Health .....	(814) 535-5156
Community Action Partnership .....	(814) 536-9031
Food for Families .....	(814) 535-3315
Goodwill of the Southern Alleghenies .....	(814) 536-3536
Tableland, Inc. ....	(814) 445-9628
Somerset Area Agency on Aging .....	(814) 443-2681
Somerset County Assistance Office .....	(814) 443-3681
Somerset County Library .....	(814) 445-5907
Somerset Mobile Food Bank .....	(814) 443-6574
United Way of the Southern Alleghenies .....	(814) 535-2563
Veteran Community Initiatives .....	(814) 255-0355



## **Sources:**

<https://health.clevelandclinic.org/body-scan-meditation>

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<https://health.clevelandclinic.org/4-7-8-breathing>.

<https://www.urmc.rochester.edu/behavioral-health-partners/bhp-blog/april-2018/5-4-3-2-1-coping-technique-for-anxiety>.



# Notes page





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